

The Vertebral Column Worksheet
p.27-29

- 1. The vertebral column has 24 individual Vertebrae
- 2. It is arranged Cervical, thoracic and Lumbar from superior to inferior {sacrum and coccyx}
- 3. Lumbar Lordosis, Thoracic Kyphosis, Cervical Lordosis
- 4. The purpose of these curves constitute support for our movement for walking and standing on two feet, shock absorption, and weight bearing
- 5. Lateral curve (Scoliosis)
- 6. Vertebral Foramina transmits the spinal cord and related coverings, vessels and nerve roots. Intervertebral disc makes possible movement between vertebral bodies. Nucleus Pulposus is a mass of degenerated collagen, proteoglycans and water.
- 7. Weakening or tearing of the annulus can result in a broad based bulge or a localized protrusion of the nucleus and adjacent annulus; such an event can compress a spinal nerve root as shown.
- 8. With aging the disc dehydrates and thins, which results in height loss, ex. Cordick was actually 6'1 in college, but is now 5'10 with all his dehydrated discs.

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- 9. 7
- 10. C1- ring shaped Atlas, C2-Axis
- 11. C1- has no weight bearing body; thus there are no weight bearing discs between the occipital bone and C1, and between C1 and C2
- 12. Flexion and Extension (movements)
- 13. Spinous Process (posterior)
- 14. Hyper extended Neck and extreme cervical rotation can be caused by Car accidents (Whiplash)
- 15. 12
- 16. Have rib attachments (larger)
- 17. 5
- 18. Responsible for supporting the entire torso Secure attachments of numerous ligaments and muscles/ tendons
- 19. Spinal Cord, cauda equine
- 20. Extension, Flexion, Lateral Rotation
- 21. 5
- 22. Fused to provide solid attachments for the Ilium
- 23. Sacrum joins with the ilium of the hip bone at the auricular surface which forms the sacroiliac joint
- 24. 2-4 fused helps with posture

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